

# fresh news

Your handpicked fruit & veg newsletter

April 2009

## NEW DELIVERY AREAS!

The first week of term 2 we will start delivering in the following areas.

On Tuesday's we will add Lambton, New Lambton, New Lambton Heights, Broadmeadow, North Lambton, Rakin Park, Shortland, Wallsend and Waratah. On Thursday afternoon's we will be travelling to Heddon Greta, Kurri Kurri, Weston, Pelaw Main, Stanford Merthyr and Cliftleigh.

If you have any family and friends living in these areas please let them know.

### Manning Valley Free Range Eggs.

Order weekly, fortnightly or just when required.

600g \$5.00

700g \$5.50

Tray 15 jumbo eggs \$7.00

### The Chilli Factory.

They have chilli sauces, hot or mild. Satay sauces, mustard dressings, salsa's. They are delicious and only cost \$6.80 (190g -240g bottle) for an all natural, Australian product. 2lt bottles also available. The full range is on our website.

## Did you know?

**Congratulations Simon!** (who delivers to a lot of you) He proposed to his "English" girl friend of 5 years, Katie Parson and she said "Yes" This all took place while her family was out from England and on her Birthday. (Clever really, it's hard to forget the date). They have not made any plans for a wedding yet.

### Survey results-

Thank you to everyone who filled in our survey. We had a huge response...and are pleased to say most of you are very happy and had some great ideas that we are working though to implement.... So keep your eyes and ears open for some great new things ahead.

On our website is a quite **sinful Chocolate cake recipe** it takes a total of 5 minutes to prepare and cook. You make it in a mug in the microwave

## SEASONAL UPDATE...

### What's in!

Apples, Pears, Kiwi fruit, Mandarins and Navel Oranges.

### What's out!

Stone Fruit, Watermelon, Mangoes, White Grapes and Asparagus.

## RECIPE CORNER

If you have a family secret which you can share with us let me know. If we use your recipe **your delivery will be FREE for one week.** (the week the newsletter goes out)

The recipe must be easy, a winner with your family and contain fruits or vegetables.

The winner this month is: Wendy Horn of Martins Creek.

### Vegetable Microwave Risotto

1 onion chopped  
1 tbs oil  
30g butter  
1 clove garlic crushed  
1 cup Arborio rice  
2 cups vegetable stock  
½ cup grated parmesan cheese  
½- 1 punnet cherry tomatoes  
125gms mushrooms chopped  
1 zucchini chopped  
1 corn cob (cut the kernels off)  
200g beans (cut into 1cm pieces)  
1-2 carrots diced  
(you can use any veggies your family likes, broccoli, cauli, peas)

Place onion, butter, oil and garlic in a large microwave dish. Cover and microwave on high for 3 minutes. Stir in rice. Blend in stock and vegetables and microwave on high covered for 15 minutes. **DO NOT STIR.**

Remove from microwave and blend in parmesan cheese cover and allow to stand for 3 minutes.

Serve with crusty bread.

**SUPER EASY and TASTES GREAT.**

*Sally & Patrick's*  
handpicked fruit & veg

*Taste the freshness*



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